



Ulster County Office for the Aging

October 2017 Newsletter

Greetings from County Executive Michael P. Hein



I am pleased to let you know that the 2018 Executive Budget **reduces the property tax levy again** and I am proud to say that the tax levy will be less than it was all the way back in 2010. At the same time, we continue to provide more services than ever before and make unprecedented infrastructure investments.

We are also committed to providing exactly the kind of critical services our seniors want including assisting with the ability to remain independent and in their own homes. This Budget includes funding to eliminate the County's current waitlist for the Senior Lifeline Medical Assistance program, a service that provides eligible seniors with a reliable, 24-hour available device to notify emergency personnel in the event of a fall or other emergency. Currently, there are 80 people awaiting access to this valuable and potentially lifesaving notification system and this initiative will ensure that all seniors who qualify have access to this program.

As County Executive I have proclaimed October as Domestic Violence Awareness Month in Ulster County. My office and the Ulster County Inter-Agency Council on Domestic Violence are sponsoring the **5th Annual Domestic Violence Information Forum**. There are two guest speakers who will be speaking on the topic of the *Impact of Domestic Violence on Children and Adult Survivors*. The public is invited to this free event which will be held on **October 26, 2017** at the SUNY Ulster College Lounge, Stone Ridge, NY from 8:30 a.m. – 12:00 p.m. Pre-registration is required at www.sunyulster.edu/dvforum. Domestic violence is a national epidemic that affects millions of people, including many people right here in our own community. It is important to shine a light on this difficult topic and let people know that there are resources available to help if they find themselves in an abusive relationship. I urge anyone in need of help to call the **24 hour hotline at 845-338-2370**.

I also wanted to let you know about an entirely new division within the Ulster County Department of Probation called the **Restorative Justice and Community Empowerment Center**. It is an innovative response to New York State's new 'Raise the Age' legislation that changes the law to provide specialized services to at-risk youth, ages 16-17, to keep them out of dangerous adult prisons and help change the trajectory of their life for the better. I believe the new Restorative Justice and Community Empowerment Center can ultimately become a center of hope and make all the difference in the world for at-risk youth, providing real hope where before there was none.

Sincerely,

Mike Hein
Ulster County Executive



*“By protecting myself
I am protecting her.”*

**If you're 65 years or older,
getting a flu shot is the
best way to protect
yourself and those around
you from flu.**

The flu benefit is a covered service for Medicare
and for children enrolled in Medicaid and CHIP.

<http://www.cdc.gov/flu> | 1-800-CDC-INFO



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KPL ROUTE	AM	PM
Golden Hill	7:50	4:40
Kingston Plaza @ Hannaford	8:00	4:50
Broadway @ Kingston Hospital	8:01	4:51
Garraghan Dr @ Police Station	8:05	4:55
Port Ewen: 9W @ BOCES	8:10	5:00
Highland Park & Ride	8:22	5:20
Poughkeepsie Train Station	8:32	5:40
Main & Market	8:45	5:45

Train Departure Poughkeepsie	8:50	5:50
Train Arrival Grand Central	10:42	7:48

KPL ROUTE	AM	PM
Train Departure Grand Central	6:43	4:14
Train Arrival Poughkeepsie	8:44	6:09

Poughkeepsie Train Station	9:00	6:15
Highland Park & Ride	9:10	6:30
Port Ewen: 9W @ BOCES	9:25	6:50
Garraghan Dr @ Police Station	9:30	6:55
Broadway @ Kingston Hospital	9:32	6:56
Kingston Plaza @ Hannaford	9:45	7:00
Golden Hill	-	7:10

We'll Take There!!!!



KINGSTON PLAZA

New Saturday Service

Kingston Poughkeepsie Link

(KPL) via Rt 9W

Starting Saturday April 1, 2017

**TO THE
POUGHKEEPSIE TRAIN STATION
\$2.00 PER TRIP**

**½ Fare Seniors (60+), Persons with Disabilities, Veterans,
and Medicare Recipients between 9am and 3pm**



Posted 2/15/17



Home delivered meals can help seniors stay independent in their own homes.

Are you or someone you know, unable to take care of meal preparation?

The Ulster County Office for the Aging **Home Delivered Meals Program** provides a nutritious hot (or frozen) meal delivered to eligible seniors at **NO** or **LOW** cost, Monday-Friday.

The meals served are planned by a registered dietitian and each meal provides one-third of a senior's daily nutritional needs.

I

Do you know someone who might benefit from home delivered meals?

Qualified seniors must be:

- ◆ 60 years of age or over
- ◆ A resident of Ulster County
- ◆ Unable to prepare own meals
- ◆ Financially eligible



For more information, please call
Ulster County Office for the Aging
845-340-3456



Michael P. Hein, County Executive

This program is made possible by funding from Federal, State, County and/or local contributions

Ulster County Office for the Aging
in collaboration with Jewish Family Services of Ulster County

Caregiver Support Group



Share your experience and wisdom with others
Offering relief, skills and answers to care giving concerns

Mondays, 2:00 to 3:15 p.m.

Golden Hill Nursing and Rehab Center

99 Golden Hill Drive, Kingston, NY 12401

**This program is FREE. Participants must pre-register.
Call the Office for Aging to reserve
845-340-3456**

Funding for this program is made possible through NYSOFA.



Michael P. Hein, County Executive



MICHAEL P. HEIN
County Executive

ULSTER COUNTY OFFICE FOR THE AGING

1003 Development Court
Kingston, NY 12401

Ulster County Website: www.ulstercountyny.gov

Kim Butwell
Acting Director

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MEDICARE FALL ANNUAL ENROLLMENT PERIOD

**The annual open enrollment period to change your Medicare health
or prescription drug coverage for 2018 will be from:**

**October 15, 2017
to
December 7, 2017***

During the annual enrollment period you can:

- **Change from Original Medicare to a Medicare Advantage Plan**
- **Switch or drop a Medicare Advantage Plan**
- **Join, switch or drop a Medicare Prescription Drug Plan**

**Call the Ulster County Office for the Aging for a *free* HIICAP
appointment if you would like to make a change in your Medicare
coverage.**

845-340-3456 or toll-free 1-877-914-3456

**If you are happy with how you currently receive your Medicare Coverage, there is no
need to do anything!*

The Ulster County Office for the Aging

Legal advice to Ulster County residents age 60 and over



Individual legal consultation and group presentations available

Our attorneys, Kathleen Dittus and Erica Halwick-Williams, are available to work with seniors one-on-one or to present pertinent information to senior groups. Topics include:

- **Simple Wills**
- **Living Wills**
- **Healthcare Proxy**
- **Power of Attorney**
- **Elder Law/Long Term Care Consultation**

If you are interested in scheduling one of our attorneys for an individual appointment or a group presentation in the community, please contact the Office for the Aging at 845-340-3456



Ulster County Executive, Michael P. Hein

Ulster County Office for the Aging

VOLUNTEER PROGRAM

- **Transportation for seniors to medical appointments**
- **Calling homebound seniors**
- **Help Seniors access Social Security**
- **Health Insurance counseling**
- **Special Event Support**
- **And MUCH more!**

Please call Patrick McDonough to talk about the wonderful volunteer opportunities available

845-802-7655

WE WANT YOU!!

As many or as few hours as you can give.



Michael P. Hein, Ulster County Executive

DO YOU QUALIFY FOR MEDICAID, WITH A SPEND DOWN?
DON'T THINK YOU CAN AFFORD TO PAY YOUR SPEND DOWN?



If you are an individual with income near Medicaid eligibility,
but don't quite make it, you may be a good candidate for a

Pooled Trust

The Office for the Aging is offering one-on-one consultation, by appointment, on Mondays to help you determine if a pooled trust might work for you or someone you care for. Learn about...

- *What is a pooled trust and how it works*
- *What expenses does a pooled trust cover*
 - *How it might help you specifically*

Call the OFA to set up your appointment

845-340-3456



Appointments at the
Ulster County Office for the Aging



Care Consultation: *Helps people navigate the difficult decisions and uncertainties that persons with Alzheimer's and their Primary Care Partners face at every stage of the disease. Components of a Care Consultation include an assessment of needs, assistance with planning and problem solving (developing an action plan), and provision of support. It may also include providing in-depth education and information about the disease, making appropriate referrals, and providing supportive interventions such as active listening, empathy, normalization, and emotional containment.*

Family Consultation: *Offers families the opportunity to discuss their individual concerns with a third party and help them engage and collaborate with each other while planning care for persons with dementia. Family consultations will provide assistance and support in navigating difficult decision-making processes and provide the opportunity to address the collective concerns that arise while planning for and dealing with dementia-specific needs. These are recommended when family members disagree about care giving issues or family dynamics prevent effective decision making for the benefit of the person with dementia.*

**Call the Office for the Aging
to make an appointment 845-340-3456**



*Greetings from the Director of Ulster
County Office for the Aging
Shelley Wagar*

My first weeks as the Director of Office for the Aging (OFA) has been incredible and I thank the County Executive, Mike Hein, the OFA staff, OFA Advisory members and community seniors who I have met and have welcomed me into this new role.

My entire professional and volunteer career has been working in the field of aging and long term care. The bond I feel with seniors has been with me since my teenage years and I am fortunate to have spent these years working with and learning from some amazing elders. I was born in Syracuse so when I had the opportunity to come back to New York State almost six years ago, I jumped at it and am so very happy I did. It is good to be home again.

My vision for the Office on Aging is straightforward- to carry out the mission and goals of the strategic plan and of the County Executive, Mike Hein, while improving and expanding programs that make it easier and more attractive for all Ulster County seniors to utilize and enjoy. Quality of life is important and all too often, our daily routines and chores take on a life of their own and we get weighed down and become isolated, burned out or stressed. While quality of life is defined by every senior differently, research has demonstrated that if we are isolated from peers and family, it can have a very negative effect on our health and well-being. It is my hope that in the coming year(s), every senior citizen in Ulster County learns about our programs and services and engages with their peers.

A couple of reminders: Medicare Open Enrollment is from October 15-December 7. During this period, seniors may change from original Medicare to a Medicare Advantage Plan; switch or drop a Medicare Advantage Plan; or, join, switch or drop a Medicare prescription Drug Plan. Call Ulster OFA for a free appointment if you need assistance; 845-340-3456.

Our annual Ulster County Volunteer Recognition Luncheon is October 24th at Diamond Mills. If you plan on attending we need your RSVP by October 10th. Call Patrick at 845-802-7935 for your reservation. The fee is \$5.00 for volunteers and \$20.00 for guests.

It is a privilege to be the new OFA Director. My door is always open for suggestions and feedback!

New York STATEWIDE Senior Action Council

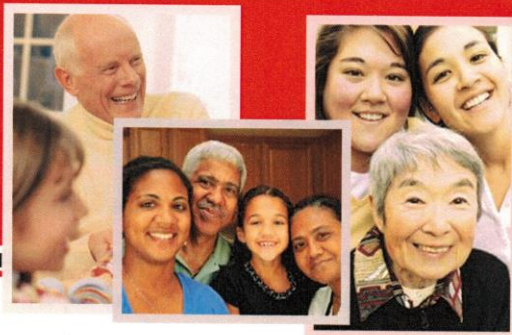
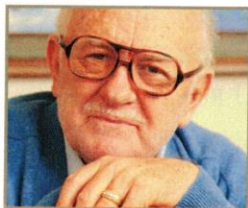


New York StateWide Senior Action Council, Inc. is a not-for-profit grassroots membership organization made up of individuals and organizations with an interest in improving the lives of senior citizens.

StateWide has a strong history providing outreach and education to senior citizens and their families throughout the state since 1972. Together, we advocate for public policies that preserve a good quality of life for older New Yorkers.

Through our Patients Rights Helpline and our Medicare counseling services we have helped thousands of older New Yorkers make sound

choices regarding healthcare, especially during the Medicare Open Enrollment Period.



Thanks to the combined effort of our members, we are a powerful, active and respected voice for change. We fought for and won:

- ❖ Observation Status Disclosure law now replicated on the federal level.
- ❖ New guidelines for safe patient handling.
- ❖ An affordable prescription drug program for New York state seniors.
- ❖ Income protection & programs that keep seniors living independently in their communities.
- ❖ Increased funding in expanded In-Home Services for the Elderly Program. (EISEP)
- ❖ Rights & Protections for all patients.
- ❖ A new benchmark – the Elder Economic Security Standard™ Index (Elder Index) that provides a realistic view of the income older adults need to make ends meet and remain in their own homes.
- ❖ Restored budget funding for senior centers through Title XX.

StateWide's Advocacy Focus Includes:

- Improving Medicare & Medicaid, access to affordable prescription drugs, patient's rights, quality of care including safe nurse-to-patient ratios, and universal health care for all.
- Expanding community services for seniors and persons with disabilities, including affordable housing and transportation.
- Protecting Social Security and ensuring adequate incomes for seniors.
- Meeting long-term care needs.
- Strengthening consumer protections.

STATEWIDE
New York StateWide Senior Action Council, Inc.
275 State Street, Albany, NY 12210 • (518) 436-1006 • Fax (518) 436-7642
www.nysenior.org



Save The Date

DETOXIFYING THE CAREGIVER

Jewish Family Services of Ulster County, Inc.'s

10th Annual Circles of Caring Aging and Caregiver Conference



Friday, November 3, 2017 8 a.m.— 4 p.m.

Best Western Plus, 503 Washington Avenue, Kingston, NY

For more information call JFS at (845) 338-2980